

Carb Count
Elementary Breakfast and Lunch November 2023

Thursday November 2 Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Mini Apple Cinnamon Muffin SR1165 Contains Egg,	180	6	2.0	0	35	90	31	2	16	15	3
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.83	2.884	1.428	1.428	3.584
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Cheese Quesadilla-CAR2018 Contains Milk, Wheat, Gluten	420	24	13	0	50	760	34	1	1	(M)	18
Sloppy Joe Sandwich-CAR1409	319.98	10.45	3.91	0	34.1	1355.43	34	4.137	14.9	9.143	15.368
Ranch Chicken Wrap-CAR1995	442.53	22.86	8.62	0	95.6	851.407	38.226	5.196	4.178	0	24.821
Fruit; May Choose: 1											
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.77	0.984	12.791	(M)	0
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.69	2.206	9.549	0	0.239
Vegetable; May Choose: 1											
Cauliflower SR3388 1/2 Cup	21	0.235	0.109	0	0	25.2	4.175	1.68	1.604	0	1.613
Corn -CAR1029 1/2 cup	91.765	1.311	0	0	0	6.555	17.04	2.622	3.933	(M)	1.311
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Friday November 3,2023 Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Cinnamon Bun-SR2926	240	7	3.0	0	5	280	40	3	16	16	5
Cinnamon Bug Bites Crackers - SR3037 - Contains Wheat,	120	3.5	1	0	0	115	21	1	8	8	2
Golden Grahams (SR2432) Contains Gluten, Wheat	105.364	0.896	0.112	0	0	212.296	23.77	1.232	8.4	8.4	1.512
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Mozzerella stuffed breadsticks-SR1625	290.17	11	6.004	0	30.018	500.294	28.016	1.681	5.003	1.001	13.1
Turkey Bacon Club Sandwich-CAR1795	351.125	12.580	5.806	0	45.250	977.375	34.00	5	2	0	27.6
Asian Meatballs-CAR1727	245.926	95.05	3.823	0.041	35.71	541.35	26.014	1.184	21.312	19.929	14.819
with Brown Rice - 1 WG-SR1098	117.19	1.034	0	0	0	2.023	24.817	1.379	0	0	2.757
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.77	1.399	20.98	6.993	0
Vegetable; May Choose: 1											
Baby Carrot SR1016 1/2 Cup	24.401	0.094	0.017	0	0	56.608	5.98	2.105	3.455	0	0.464
Black Beans (SR2006) 1/2 Cup	120.5	0	0	0	0	142.409	21.90	5.477	1.095	0	7.668
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Monday November 6 2023 Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
WW Bagel-SR1168	170	1	0	0	0	310	35	4	3	3	6
Cream cheese pouch	70	7	4	0	20	115	1	0	1		1
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.83	2.884	1.428	1.428	3.584
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Orange Juice - SR 1295 (4oz)	60	0	0	0	0	0	14	0	12	0	0
Fruit; May Choose: 1											
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.69	2.206	9.549	0	0.239
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Spaghetti, WG with Marinara Sauce and cheese CAR1628	454.398	19.305	10.47	0	43.537	1181.346	52.975	8.458	7.595	0	26.487
Bean & Cheese Chimi Nada- CAR2313- Contains milk,	240	6	1	0	0	470	40	7	2	0	10
Peanut Butter & Jelly Sandwich- CAR1024- Contains	439	18	2.67	0	0	423	62.63	4.27	32	0	11.57
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.77	0.984	12.791	(M)	0
Vegetable; May Choose: 1											
Celery - SR1014 6 sticks = 1/2 cup	10.342	0.11	0.027	0	0	51.71	1.92	1.034	0.866	0	0.446
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0	0.4
Garbanzo Bean -SR1048 1/2c	138.323	2.128	0	0	0	148.963	22.34	4.256	4.256	0	7.448
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Tuesday, November 7th 2023

Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
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Entrée/Combo; May Choose: 1											
Mini Loaf Chocolate Chip	160	5	1	0	0	140	27	1	16	16	3
String Cheese Mozzarella - CAR1211 (1 ea.) Contains Milk.	80.00	6.00	4.00	0.00	15.00	200.00	1.00	0.00	0.00	(M)	6.00
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.83	2.884	1.428	1.428	3.584
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Crispy Chicken Sandwich, K8, 3.5 Bun - CAR1148 -	380	16.5	3	0	25	720	43	6	5	0(M)	18
Protein Pack -CAR1159 Contains Gluten, Milk, Soy, Wheat	539.953	24	5.5	0	15	595	65.98	6.999	28.99	(M)	17
Chicken Quesadilla - CAR2153 - Contains Gluten, Milk,Wheat,Soy	373	18	10	0	69	750	36	1	1	0	20.76
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.77	1.399	20.98	6.993	0
Vegetable; May Choose: 1											
Cherry Tomato - SR3522 (1/2 c)	13.41	0.149	0.021	0	0	3.725	2.898	0.894	1.959	0	0.656
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0	0.4
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Wednesday November 8, 2023 Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat	Trans Fat (g)	Chol (mg)	Sodium	Carb (g)	Total Fiber (g)	Total Sugars	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Mini Donut Powdered WG - CAR1456 - Contains Egg, Gluten, Milk, Soy, Wheat	270	11	4.5	0	0	290	41	2	19	19	4
Cinnamon Chex (SR2336)	116.816	2.632	0.252	0	0	173.04	22.84	1.4	5.768	5.628	1.372

Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Chicken Tenders CAR1124	260	15.0	2.5	0	25.0	390	16.0	3.0	1.0	1.0	15
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.77	0.984	12.791	(M)	0
Vegetable; May Choose: 1											
Baby Carrot SR1016 1/2 Cup	24.401	0.094	0.017	0	0	56.608	5.98	2.105	3.455	0	0.464
Black Beans (SR2006) 1/2 Cup	120.5	0	0	0	0	142.409	21.90	5.477	1.095	0	7.668
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Thursday November 9, 2023

[illegible]

Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Enchirito-CAR1059	242.854	10.834	4.62	0	20.33	827.255	46.899	9.447	2.817	0	16.8
Cheesy Alfredo Pasta-CAR2124	335.808	13.88	7.123	0	37.505	766.562	36.023	1.438	7.375	0	17.716
Cheese Sandwich-CAR1545	322.25	16.175	9.113	0	40.5	664.75	26	2	4	(M)	18.175
Fruit; May Choose: 1											
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.69	2.206	9.549	0	0.239
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Vegetable; May Choose: 1											
Baby Carrot SR1016 1/2 Cup	24.401	0.094	0.017	0	0	56.608	5.98	2.105	3.455	0	0.464
Black Beans (SR2006) 1/2 Cup	120.5	0	0	0	0	142.409	21.90	5.477	1.095	0	7.668
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Tuesday, November, 14 Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Pop Tart CAR2289 Contains Gluten, Soy,	370	6	2	0	0	400	76	6	31	(M)	5
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.83	2.884	1.428	1.428	3.584
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8

1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Tony's French Bread Pizza-SR2459	290	11	4	0	20	440	33	0	4	2	17
Nitrate Free Turkey dog-CAR1101	261.4987	11.61	3.03	0	60.749	553.246	28.012	28.012	3	4	13.1
& Sweet Potato Fries-SR3936	169.474	6.978	0.997	0	0	259.196	24.923	0.997	7.975	0.498	0.997
Grilled Cheese-CAR2279	279.75	9.68	5.39	0	30.37	599.36	31.58	3	6.5	(M)	18.66
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.77	1.399	20.98	6.993	0
Vegetable; May Choose: 1											
Celery - SR1014 6 sticks = 1/2 cup	10.342	0.11	0.027	0	0	51.71	1.92	1.034	0.866	0	0.446
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0	0.4
Garbanzo Bean -SR1048 1/2c	138.323	2.128	0	0	0	148.963	22.34	4.256	4.256	0	7.448
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Wednesday, November, 15 2023

Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
UBR -SR1976 Contains Egg, Gluten, Milk, Soy, Wheat	270	8	3	0	5	180	44	5	18	18	5
Cinnamon Toast Crunch (SR1164) Contains Gluten, Soy,	157.52	3.28	0.36	0.04	0	122	29.52	2.92	8.48	8.2	2.44
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8

1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Chicken Corn Dog- CAR1452- Contains egg, wheat, soy,	240	8	2.5	0	40	390	30	5	5	0	9
Fruit; May Choose: 1											
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.69	2.206	9.549	0	0.239
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.77	0.984	12.791	(M)	0
Vegetable; May Choose: 1											
Cherry Tomato - SR3522 (1/2 c)	13.41	0.149	0.021	0	0	3.725	2.898	0.894	1.959	0	0.656
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0	0.4
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Thursday, November 16 2023 Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Mini Apple Cinnamon Muffin SR1165 Contains Egg,	180	6	2.0	0	35	90	31	2	16	15	3
Golden Grahams (SR2432) Contains Gluten, Wheat	105.364	0.896	0.112	0	0	212.296	23.77	1.232	8.4	8.4	1.512
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Cheese Quesadilla-CAR2018 Contains Milk, Wheat, Gluten	420	24	13	0	50	760	34	1	1	(M)	18

Ranch Chicken Wrap-CAR1995	442.534	22.286	8.662	0	95.6	851.407	38.226	5.196	4.178	0	24.821
Turkey & gravy-CAR1184	130.02	6.001	2	0	55.009	450.07	2	0	0	0	16.003
Mashed potatoes-SR1112	79.98	1.5	1	0	0	102.619	14.996	1	1	0	2
With Dinner Roll-CAR1977	140.0	2.5	0.500	0	0.0	280	26.0	3.00	4	(M)	4.0
Fruit; May Choose: 1											
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.69	2.206	9.549	0	0.239
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.77	1.399	20.98	6.993	0
Vegetable; May Choose: 1											
Baby Carrot SR1016 1/2 Cup	24.401	0.094	0.017	0	0	56.608	5.98	2.105	3.455	0	0.464
Cauliflower SR3388 1/2 Cup	21	0.235	0.109	0	0	25.2	4.175	1.68	1.604	0	1.613
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Friday November 17, 2023

Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat	Trans Fat (g)	Chol (mg)	Sodium	Carb (g)	Total Fiber (g)	Total Sugars	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Cinnamon Bun-SR2926 Contains Egg, Gluten, Milk, Soy,	240	7	3	0	5	280	40	3	16	16	5
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.83	2.884	1.428	1.428	3.584
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Cheeseburger, All Beef- CAR1080- Contains milk, wheat,	355.563	20.044	8.778	0	50.125	461.188	27	3	4	(M)	17.544
Mozzerella stuffed breadsticks-SR1625	290.17	11	6.004	0	30.018	500.294	28.016	1.681	5.003	1.001	13.1
Asian Meatballs-CAR1727	245.926	95.05	3.823	0.041	35.71	541.35	26.014	1.184	21.312	19.929	14.819

with Brown Rice - 1 WG-SR1098	117.19	1.034	0	0	0	2.023	24.817	1.379	0	0	2.757
Fruit; May Choose: 1											
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.77	0.984	12.791	(M)	0
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.69	2.206	9.549	0	0.239
Vegetable; May Choose: 1											
Cauliflower SR3388 1/2 Cup	21	0.235	0.109	0	0	25.2	4.175	1.68	1.604	0	1.613
Corn -CAR1029 1/2 cup	91.765	1.311	0	0	0	6.555	17.04	2.622	3.933	(M)	1.311
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Monday, November 27, 2023

Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Concha CAR1403 Contains Egg, Gluten, Milk, Soy, Wheat	200	6	1.5	0	5	90	34	2	8	(M)	5
Golden Grahams (SR2432) Contains Gluten,	105.364	0.896	0.112	0	0	212.296	23.77	1.232	8.4	8.4	1.512
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Enchirito-CAR1059	242.854	10.834	4.62	0	20.33	827.255	46.899	9.447	2.817	0	16.8
Cheesy Alfredo Pasta-CAR2124	335.808	13.88	7.123	0	37.505	766.562	36.023	1.438	7.375	0	17.716

Bean & Cheese Chimi Nada- CAR2313- Contains milk,	240	6	1	0	0	470	40	7	2	0	10
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.77	1.399	20.98	6.993	0
Vegetable; May Choose: 1											
Baby Carrot SR1016 1/2 Cup	24.401	0.094	0.017	0	0	56.608	5.98	2.105	3.455	0	0.464
Black Beans (SR2006) 1/2 Cup	120.5	0	0	0	0	142.409	21.90	5.477	1.095	0	7.668
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Tuesday November 28, 2023
Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Pop Tart CAR2289 Contains Gluten, Soy, Wheat Processed in a facility that also processes Egg, Milk	370	6	2	0	0	400	76	6	31	(M)	5
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.83	2.884	1.428	1.428	3.584
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch	Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Tony's French Bread Pizza-SR2459	290	11	4	0	20	440	33	0	4	2	17
Nitrate Free Turkey dog-CAR1101	261.4987	11.61	3.03	0	60.749	553.246	28.012	28.012	3	4	13.1
& Sweet Potato Fries-SR3936	169.474	6.978	0.997	0	0	259.196	24.923	0.997	7.975	0.498	0.997
Grilled Cheese-CAR2279	279.75	9.68	5.39	0	30.37	599.36	31.58	3	6.5	(M)	18.66
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.77	0.984	12.791	(M)	0

Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.69	2.206	9.549	0	0.239
Vegetable; May Choose: 1											
Cauliflower SR3388 1/2 Cup	21	0.235	0.109	0	0	25.2	4.175	1.68	1.604	0	1.613
Corn -CAR1029 1/2 cup	91.765	1.311	0	0	0	6.555	17.04	2.622	3.933	(M)	1.311
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Wednesday, November 29 2023

Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat	Trans Fat (g)	Chol (mg)	Sodium	Carb (g)	Total Fiber (g)	Total Sugars	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
UBR -SR1976 Contains Egg, Gluten, Milk, Soy, Wheat	270	8	3	0	5	180	44	5	18	18	5
Golden Grahams (SR2432) Contains Gluten, Wheat	105.364	0.896	0.112	0	0	212.296	23.77	1.232	8.4	8.4	1.512
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Apple Juice - SR1204 (4fl oz cup)	60.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	12.00	(M)	0.00
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Cheesy Pull Apart Cheese & Garlic - CAR2298 -	300	13	6	0	30	520	32	2	5	3	14
Fruit; May Choose: 1											
Orange Whole - 1171	45.12	0.115	0.014	0	0	0	11.28	2.304	8.976	0	0.902
Fruit Mix CAR2242	97.905	0	0	0	0	0	23.77	1.399	20.98	6.993	0
Vegetable; May Choose: 1											
Baby Carrot SR1016 1/2 Cup	24.401	0.094	0.017	0	0	56.608	5.98	2.105	3.455	0	0.464
Black Beans (SR2006) 1/2 Cup	120.5	0	0	0	0	142.409	21.90	5.477	1.095	0	7.668
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10

Thursday, November 30, 2023

Breakfast

Menu Item	Calories (Kcal)	Total Fat (g)	Sat Fat	Trans Fat (g)	Chol (mg)	Sodium	Carb (g)	Total Fiber (g)	Total Sugars	Added Sugars (g)	Protein (g)
Entrée/Combo; May Choose: 1											
Mini Apple Cinnamon Muffin SR1165 Contains Egg,	180	6	2.0	0	35	90	31	2	16	15	3
Cheerios (SR1160) - 1 bowl	100.52	1.792	0.364	0	0	136.416	20.83	2.884	1.428	1.428	3.584
Grahams - SR2366 - Contains Gluten, Soy, Wheat; Processed in a facility that also processes Egg, Milk	90	2.5	0	0	0	95	17	1	4	(M)	2
Meat/MA; May Choose: 1											
Sunflower Seeds Salted (CAR2015)	170	14	2	0.00	0	110	6	3	1	(M)	6
Fruit Juice; May Choose: 1											
100% Orange Juice - SR 1295 (4oz)	60	0	0	0	0	0	14	0	12	0	0
Fruit; May Choose: 1											
Apple extra small (2-1/2" dia) SR1216	47.793	0.156	0.026	0	0	0.919	12.69	2.206	9.549	0	0.239
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10
Lunch											
Entrée/Combo; May Choose: 1											
Cheese Quesadilla-CAR2018 Contains Milk, Wheat, Gluten	420	24	13	0	50	760	34	1	1	(M)	18
Ranch Chicken Wrap-CAR1995	442.534	22.286	8.662	0	95.6	851.407	38.226	5.196	4.178	0	24.821
Sloppy Joe Sandwich-CAR1409	319.98	10.45	3.91	0	34.1	1355.43	34	4.137	14.9	9.143	15.368
Fruit; May Choose: 1											
Banana-SR1166	105.02	0.389	0.132	0	0	1.18	26.95	3.068	14.431	(M)	1.286
Diced Peach-SR3040	59.036	0	0	0	0	4.92	13.77	0.984	12.791	(M)	0
Vegetable; May Choose: 1											
Celery - SR1014 6 sticks = 1/2 cup	10.342	0.11	0.027	0	0	51.71	1.92	1.034	0.866	0	0.446
Cucumber Slices-1/2c SR1013	9.22	0.068	0.023	0	0	1.229	2.231	0.307	1.027	0	0.4
Garbanzo Bean -SR1048 1/2c	138.323	2.128	0	0	0	148.963	22.34	4.256	4.256	0	7.448
Milk; May Choose: 1											
Chocolate Milk - CAR1586 (1 ea.) Contains Milk.	120	0	0	0	5	200	21	0	(M)	(M)	8
1% Milk - CAR1587 (1 ea.) Contains Milk.	120	2.5	1.5	0	15	160	15	0	15	(M)	10